



YMCA ALEXANDRIA FALL I POOL SCHEDULE

Effective September 16 - October 29, 2017

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Please shower
before entering
the pool.

No photography
or videos allowed.

Spectators must
view from
upstairs.

Pool closes 30
minutes before
the building.

Schedule subject
to change with
events.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM - 8:00AM	5:30AM-7:30AM	5:30AM - 8:00AM	5:30AM-7:30AM	5:30AM - 8:00AM	7:00AM-9:00AM	9:00AM-1:00PM
4 Lap	2 Lap 2 Class	4 Lap	2 Lap 2 Class	4 Lap	4 Lap	4 Class
8:00AM-10:00AM	7:30AM-12:00PM	8:00AM-10:00AM	7:30AM-12:00PM	8:00AM-10:00AM	9:00AM-1:00PM	1:00PM-2:00PM
1 Lap 3 Water Fitness	4 Lap	1 Lap 3 Water Fitness	4 Lap	1 Lap 3 Water Fitness	4 Class	2 Lap 2 Water Fitness
10:00AM-4:30PM	12:00PM-4:30PM	10:00AM-4:30PM	12:00PM-4:30PM	10:00AM-4:30PM	1:00PM-4:30PM	2:00PM-6:30PM
2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Class	2 Lap 2 Rec**
4:30PM-6:30PM	4:30PM-6:30PM	4:30PM-6:30PM	4:30PM-6:30PM	4:30PM-7:30PM	4:30PM-7:30PM	
1 Lap 3 Swim Team	1 Lap 3 Swim Team	1 Lap 3 Swim Team	1 Lap 3 Swim Team	1 Lap 3 Swim Team	2 Lap 2 Rec**	
6:30PM-7:30PM	6:30PM-7:30PM	6:30PM-7:30PM	6:30PM-7:30PM	7:30PM-9:30PM		
2 Swim Team 2 Water Fitness	2 Swim Team 2 Water Fitness	1 Lap 3 Swim Team	2 Swim Team 2 Water Fitness	2 Lap 2 Rec**		
7:30PM-8:30PM	7:30PM-8:30PM	7:30PM-8:30PM	7:30PM-8:30PM			
2 Lap 1 Rec** 1 Class	2 Lap 1 Rec** 1 Class	2 Lap 1 Rec** 1 Class	2 Lap 1 Rec** 1 Class			
8:30PM-9:30PM	8:30PM-9:30PM	8:30PM-9:30PM	8:30PM-9:30PM			
4 Lap	4 Lap	4 Lap	4 Lap			

Lane assignments subject to change based on special events, maintenance, and

Lap = Lane open for swimmers to swim continuous laps. Sharing lanes and circle swimming is enforced.

Class = Lane designated to a swim lesson.

Water Fitness = Lane designated to a water fitness class.

Rec** = Lane open for swimmers not swimming continuous laps. Examples: Children and parents, water exercise. Private Lessons also held in this area.

Swim Team = Lane designated to Sea Dragons Swim Team practice.